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CALGARY • THURSDAY, JULY 3, 2008 metronews.ca

Gravel truck driver killed in rollover

A 28-year-old man was pronounced dead at the scene of a collision after the gravel truck he was driving rolled across the southbound lanes of Deerfoot Trail yesterday during rush hour.

Calgary firefighters found the victim trapped in a smoldering and fuel-leaking truck on the northbound side of Deerfoot Trail and had to cut him free using the Jaws of Life. METRO CALGARY

Arson unit probes 2 nearby fires

Fire crews and the arson team are investigating two fires less than a block away from each other in the city's northeast yesterday.

Around 4:30 a.m. a two-storey shed in the 200 block of 26 Avenue NE caught fire. Arriving crews then learned of a car burning in the 200 block of 27 Avenue NE. Jeff Budai of the fire department said both fires are deemed suspicious. METRO CALGARY

Canada page 4

Gen. Hillier passes torch

Food page 11

The berries you've been waiting for

ROBIN KUNISKI/METRO CALGARY

Sherif Demian, owner of the Mac's on the corner of 7 Avenue and 8 Street SW, said the Clean to the Core initiative in Calgary's downtown has helped breathe life back into his fledgling business.

Cleanup saves store

Owner credits city project for making area attractive

NEIL MACKINNON
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Convenience store owner Sherif Demian says customers were scared away by crime before a joint initiative between city groups and police brightened up his area.

Dope dealers plied their wares around the corner while the homeless panhandled and all Sherif Demian could do was shake his head as potential customers kept their distance.

"People couldn't come into the store without being asked for spare change or if they wanted to buy drugs," said Demian, the operator-dealer of the Mac's Convenience store on the corner of 7 Avenue and 8 Street SW. "It wasn't safe for business around this area, our customers didn't feel safe, our staff didn't feel safe and it was a very challenging place."

It took time, hard work, an increased police presence and Project Garden Path's to revitalize Demian's business and Calgary's core at large.

"People are coming by a lot more often, it's really changed things around for me, it's cleaner than ever before," said Demian after his business and eight others received a Clean to the Core certificates from the city yesterday.

Project Garden Path's and Calgary's Clean to the Core program, a collaborative effort between the city, Calgary police and more than a dozen other city service groups and departments, was launched in 2006 with a goal of restoring pride in the city's centre.

"It's a model for how we do things or should be doing things," said Ald Druh Farrell. "We often have a say-do gap and the Centre City team doesn't have that."

Calgary police Insp. Bob Ritchie said the initiative has only just begun.

"There's great work that can be done here as we move forward," he said.

certified

Calgary Place, Continental Apartments, Garden Apartments, Ideal Parking, Imperial Parking, Mac's, McDonalds on 8 St. SW, Sandman Hotel and Westview Heights.

Shooting victim known to gang unit

KRISTA SYLVESTER
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One of two men injured in a shooting near the Westside Recreation Centre in the city's southwest early yesterday is known to the gang unit.

But police are stopping short of calling the early morning shooting gang related, saying there is no clear motive yet, according to gang unit acting Staff Sgt. Gord Eiriksson.

"It's too early to speculate, but while he was known to the gang unit, it isn't to say the shooting was gang related. We simply just don't know," he told reporters.

The victim and another male, both suffering from gunshot wounds, drove themselves to the Rockyview Hospital around 3 a.m. in a bullet-riddled BMW.

Police believe the men were shot in the intersection of 17th Ave and 69 St SW. where they found at least a dozen spent shell casings.

District 2 Staff Sgt. Jim Rorison said investigators are still piecing together what exactly happened and police don't have any suspects yet.

"Our obvious number one concern is public safety and it's always a concern when shots are fired in any community," he said, adding the victims have been co-operative.

One of the victims has been released from hospital and the other remains in stable condition.

Anyone with information is asked to call Calgary police at 266-1234.

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At 120,000 visitors a day, Stampede Park transforms into a city bigger than Lethbridge for the world's greatest outdoor show, which would make it the province's third largest city, according to the Calgary Stampede. METRO CALGARY

Local

"Anything used, recycled or thrown out at the Stampede was looked at. Pop cans, water bottles, manure, cardboard, energy, vehicle, food, paper – even coffee grounds were extensively audited or examined."

Gerry McHugh of the Calgary Stampede on the exhibitions effort to be ISO 14001 certified for environmental compliance.

The 2nd Annual
free Mustard Seed Stampede barbecue runs tomorrow from 11 a.m. until 2 p.m. at Centre Street and 10 Ave. and everyone is welcome to join after the Stampede Parade.
METRO CALGARY

BT BREAKFAST TELEVISION weekdays at 6 | Citytv ROGERS

Stabbing victim 'loyal and dedicated'

Friends believe man tried to stop fight

KRISTA SYLVESTER
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The victim of a fatal stabbing over the weekend is being remembered as a loyal and dedicated man who was at the wrong place at the wrong time.

The medical examiner identified the victim as 25-year-old Gurjinder Dhillon, fondly known as "G" by his co-workers at Watson Gloves.

Gurjinder Dhillon.

"G was a loyal and dedicated employee, a model Watson team member and more importantly a great guy. He will be missed terribly by all of us…" a tribute on the workplace website said.

Dhillon succumbed to his injuries resulting from an altercation with a group of people at the Little Beijing Restaurant on Centre Street early Saturday morning where another male was also stabbed but is recovering.

Dhillon was a former employee of DHL Express where he was very well liked.

"He had a lot of good friends here who are very shaken up."
past fellow employee

Employee Val Hokanson didn't know him personally but said she had seen him around the office and many people are very upset to hear of his death.

"He had a lot of good friends here who are very shaken up. They think he might have just got caught trying to stop a fight when he got stabbed," she told Metro.

Police are asking for witnesses to come forward in the attack and believe there are more people out there who have not come forward.

"We don't know what led to the dispute, what was said or why this happened, we have very limited information right now," police spokesperson Kevin Brookwell said, adding it was not gang related.

ROBIN KUNISKI FOR METRO CALGARY

Sheila C. Perry, Superintendent, Public Art Program, left, Brian Browning, Public Art Lead, and Ward 7 alderman Druh Farrell helped release the Playful Cubs bronze statue on 7 Ave and 3 St SE yesterday.

Playful Cubs and mom find home on 7 Ave.

ALICIA FOX
for Metro Calgary

Three bears were spotted down at the 7 Ave and 3 St SE C-train platform yesterday.

Fortunately, the mother and two cubs were frozen in position, smiling as bears do and absorbed in their play, blissfully ignorant of the passersby who stopped to admire the new sculpture.

The piece of art is part of the beautification of 7 Ave, due to be completed in about three years. It has a partner statue at the opposite end of the line, both designed by Canadian artist Leo Mol, a world-renowned sculptor, and cost $160,000 together.

"I think it's important a city delight its inhabitants," said Ald. Druh Farrell. "Our Public Art Program has been welcomed by citizens and visitors alike."

The "Playful Cubs" sculpture, according to John Hubbell, general manager of transportation for the city of Calgary, is just that: Playful and fun.

Few details in Braeside murder

INVESTIGATION. Police are trying to piece together the last 24-hours of murder victim 29-year-old Daniel Levesque's life in hopes of catching his killer.

Levesque was found dead in his Braeside home Sunday afternoon by his common-law-wife who was returning home from out of town.

Police spokesperson Kevin Brookwell told reporters there are no suspects in the case.

"He was a hardworking father and he was not known to police. We don't know if this was random in nature yet as we don't have much information," he added.

Police believe Levesque, a father of two, was seen in an area liquor store possibly with another person and are hoping the public can help in accounting for his last movements between Saturday afternoon around 2 p.m. and when he was found on Sunday.

Anyone with information is asked to call police at 266-1234.

Levesque was Calgary's 17th homicide victim of the year.

KRISTA SYLVESTER/METRO NEWS

CHARGES LAID IN ROBBERIES

City cops have charged two men in connection with a series of armed robberies. Jason William Daniels, 25, and Troy Joseph Malcolm, 38, both of Calgary, are facing numerous charges including assault with a weapon. METRO CALGARY

PHOTO BY ALICIA FOX FOR METRO CALGARY

Philip Au, left, who just graduated from Forest Lawn High School, will be pulling his teacher Vicher Li in the Stampede parade tomorrow. Recent graduates, Lisa Oberding, left, and Bailey Scheske will be walking along. The three students won the Science at the Stampede contest for an environmentally-friendly float.

Students' float wins Stampede showing

Teacher to take seat in enviro-friendly butterfly design

ALICIA FOX
for Metro Calgary

Three students from Forest Lawn High School just scored the best seats in town for the Stampede parade: they're in it.

> **"(The float) supports teamwork, community involvement, and it's environmentally friendly."**
> Bailey Scheske

Philip Au, Lisa Oberding and Bailey Scheske, along with their teacher Joe Michaud, will be showing off their float creation that won the Science at the Stampede contest held by SNC-Lavalin in co-operation with Calgary's Schulich School of Engineering. Designed as a butterfly flapping its wings, a concept that came from the runner-up, Vicher Li from Bowness High School, the environmentally friendly bug is pulled by a bike. Inside will be their "VIP": their teacher.

"(The float) supports teamwork, community involvement, and it's environmentally friendly," said Bailey Scheske who, along with her friends, just graduated.

As thanks, Forest Lawn High School won an official Stampede breakfast for 1,000 people since the three designed the actual mechanics of the float, and Bowness High was awarded two tickets to the stampede and VIP seats at the parade.

"(Kids) are the future of our profession," said Dr. Elizabeth Cannon, dean of the School of Engineering, adding that they plan to hold the contest again next year.

Alderman seeing green over suite cash

NEIL MACKINNON
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Ald. Ray Jones can see the line-up starting already.

In an effort to bring Calgary's 50 "illegal" secondary suites into conformity while also adding the possibility of creating new suites in developing areas, the city's intergovernmental affairs committee will consider two administration recommended options — both with no interest loans up to $25,000 to cover 70 per cent of construction and land re-designation related costs.

The option drawing the ire of Jones, though, is the one most recommended by administration offering forgivable loans that, according to the report, would act as a grant.

"I never thought it would come into reality, if we're going to do that, we're going to have one hell of a line up," said Jones remembering talk of $25,000 forgivable loans a number of years back. "Heck, I might even have to put one in my basement if we're going to dish out that kind of cash."

Zoo names baby gorilla

Yewande

The Calgary Zoo is proud to announce they have chosen a name for their furry new addition to the gorilla troop. Yewande, meaning "The Mother has come back," was born May 15 to mother Zuri. The winning name was chosen by Justin Brouwer.

"After the losses to our gorilla family last year we were very touched by the thoughtfulness of this entry. It just seemed to be the right choice for our little girl," zookeeper Garth Irvine said. METRO CALGARY

News in brief

WATER. The city's 2007 water quality report will be flushed out to around 300,000 city residents along with their Enmax bill this month. The fifth installment of the report, which tested more than 109,000 samples, trumpets Calgary's water for exceeding all federal health guidelines and provincial quality standards.

The report also included tips on conservation and what the city is doing to protect local waterways. It's also available at *www.calgary.ca* or by calling 3-1-1. METRO CALGARY

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In addition, their Unique Buying System features only development locations selected for both their strong investment return and rental income potential.

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Tico Time's regular buying tours, from four to seven days long, will introduce you to our entire Property Parade — all of which will, or do, feature gated communities, maid and concierge service, exclusive shuttle bus service, rental pool/property management services, and fully furnished new homes.

Tico Time's Buying Tours are all-inclusive and the tours are fully refundable in the event of a property purchase.

Tico Time's builder in Costa Rica, Piaca Inmobiliaria, has built over 15,000 homes in Costa Rica over the last 20 years.

Properties being built by Piaca Inmobiliaria, include a 39 ranch-style villa project with pricing starting at just $139,900 U.S. Prados del Sol makes investing in your own piece of paradise attain able to all.

Nestled in low coastal mountains and close to the Pacific, Prados del Sol is just minutes from surfing, seven beaches, fine dining, snorkeling, sport fishing, horseback riding, nature preserves, night life, and casinos. On the site near Garza, between the popular tourist destinations of Carrillo/Samara and Nosara, Prados del Sol features a full-size and a wading pool, a playground and a covered BBQ.

Fully furnished one-bedroom villas start at $139,995 U.S. Two-bedroom villas are selling for $159,995 U.S. Six three-bedroom villa lots have been added starting at $189,000 U.S.

Property values at Tico Time's Punta Indio project are expected to double in just 18 months due to rising demand in the Nicoya Peninsula area. Pricing on Punta Indio's fully furnished beachfront homes start at $599,000 U.S.

On the higher end, Tico Time's $1.98-million U.S., 5,320-square-foot luxury beach estate property Casa Sabana, in a class of its own, is the ultimate tropical retreat.

Tico Time's buying tour leaves Calgary for Costa Rica on a regular basis. Contact us by email or phone and sign up for one today! The tour fee is fully refunded upon purchasing one of Tico Time's properties. Would you like to learn more? Another convenient option for investors seeking more details on Tico Time properties are our free online or in-home personalized seminars. Call or email us today to schedule an appointment.

For more information on Tico Time, its properties, or buying tours, go to www.ticotime.ca, or call 1-877-900-1188/403-455-3408 or email us at ticotime@shaw.ca.

Terror trial hears of training camp plans
Momin Khawaja's defence lawyer yesterday suggested Khawaja attended a training camp in Pakistan not to participate in a British bomb plot, but rather to prepare to fight in Afghanistan. METRO NEWS SERVICES

Canada

"The world has got to know we've suffered this indignation."
Don Courchene, a former student at the Fort Alexander Indian Residential School in Manitoba.

say sorry

Canadian survivors of abuse inflicted by Catholic clergy during the 20th century are demanding an apology from Pope Benedict XVI, left, similar to the one he offered to victims in the U.S.
METRO NEWS SERVICES

Order of Canada

Henry Morgentaler

Morgentaler nod panned by Harper

AWARD. Prime Minister Stephen Harper has criticized the decision to award the Order of Canada to pro-choice crusader Dr. Henry Morgentaler because of its potential to sow dissension among Canadians.

"My preference, to be frank, would be to see the Order of Canada be something that really unifies, that brings Canadians together," he told the media yesterday.

TORSTAR NEWS SERVICE

Quebec City **400th anniversary**

MATTHIEU BELANGER/REUTERS

People stroll past the Chateau Frontenac in Quebec City yesterday. Prime Minister Stephen Harper and French Prime Minister François Fillon will today lead a delegation of politicians that will salute the city's 400th anniversary as marked by the arrival of explorer Samuel de Champlain on July 3, 1608, who founded what would become Quebec's provincial capital.

Sports betting coming soon to casinos?

GAMBLING. Federal and provincial governments are moving towards allowing Las Vegas-style sports gambling into provincial casinos to increased their revenues, Torstar News Service has learned.

The plan, aimed to help boost struggling casinos along the border, where the high Canadian dollar and increased border security mean fewer Americans, has the Ontario government urging Ottawa to amend the Criminal Code of Canada and create casino "sportsbooks."

"What it would do is generate traffic into the casino for that particular type of betting and then you also pick up additional business," said NDP MP Joe Comartin, adding other provinces are also lobbying Ottawa for the change in their areas.

TORSTAR NEWS SERVICE

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Gen. Rick Hillier passes the torch

Natynczyk now in charge

The official procedure that handed responsibility for the Canadian Forces from outgoing Chief of Defence Staff Gen. Rick Hillier to Gen. Walter Natynczyk took just a few minutes to complete.

But the entire affair stretched to two hours, with speeches from politicians, a 21-gun salute, planes, guns and cheering crowds. It peaked with Hillier, who started as an armour officer, stepping aboard an old, squeaky tank and riding off to retirement. Natynczyk, an army commander who served as vice-chief to Hillier, oversaw the Canadian Forces' multi-billion dollar budget, led campaigns in the Balkans and Africa and was deputy commander of international troops in Iraq in 2005. For the time being, Natynczyk will just try to there for everyone. "As your chief, I represent all of you," he said. "I am a soldier, I'm a sailor, I'm an airman and I'm a special forces troop."

TORSTAR NEWS SERVICE

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Entertainment. The next episode.

Canadians recognized for heroic acts

Marc Patterson of Kamloops, B.C., was honoured yesterday in Pittsburgh with a Carnegie medal for heroic acts, for saving a 12-year-old boy from a cougar last August. Deborah Chiborak and Gerard Beernaerts, both of Winnipeg, were recognized for saving an 89-year-old woman from an oncoming train. METRO NEWS SERVICES

World

"Russia ... perhaps for centuries, must remain a presidential republic."

Russian President Dmitry Medvedev on his belief that a parliamentary democracy won't work for his country.

changing tone

Dmitry Medvedev said yesterday his presidency would have a different tone from his predecessor and mentor Vladimir Putin's and hinted the Kremlin might consider easing its complete dominance over domestic politics.

Betancourt set free

Politician one of 15 hostages saved by Colombian army

Posing as aid workers, Colombian soldiers come to the rescue of people held for years by leftist guerrilas.

REUTER/RCN/VIA REUTER TELEVISION

French-Colombian politician Ingrid Betancourt hugs her mother as she disembarks from an aircraft in Bogota, Colombia, yesterday after she was rescued from leftist guerrillas.

French-Colombian politician Ingrid Betancourt, three Americans and 11 other hostages held for years in jungle captivity were rescued yesterday from leftist guerrillas by Colombian troops posing as aid workers.

The rescue was a huge coup for popular President Alvaro Uribe, an anti-guerrilla hard-liner who has used billions of dollars in U.S. aid to push the rebels onto the defensive, cut crime and spur economic growth.

Betancourt, 46, was the highest profile captive held by the Revolutionary Armed Forces of Colombia, known as the FARC, Latin America's oldest surviving left-wing insurgency.

A former presidential candidate, her dual French-Colombian nationality had helped bring world attention to the plight of hostages held by the rebels.

"I believe that this is a sign of peace for Colombia, that we can find peace," Betancourt said, thanking the Colombian military for her rescue and weeping as she made her first public comments, carried on Colombian radio station Caracol.

The rescue was carried out in the southern jungle province of Guaviare, Santos said. Soldiers posed as members of a fictitious non-government organization that supposedly would fly the hostages by helicopter to a camp to meet with rebel leader Alfonso Cano. REUTERS

Dozer rampage kills 3

JERUSALEM. A Palestinian construction worker rampaged in a bulldozer along one of west Jerusalem's busiest streets yesterday, killing three Israelis as he crushed cars and overturned a bus before being shot dead.

There was no claim of responsibility from militant groups and police said they were trying to establish if 30-year-old Hosam Dwayyat had acted alone. At his family home in the Arab east of the city, there was no sign of the crowds and banners that normally accompany the funerals of Palestinian guerrillas. REUTERS

separation?

A senior aide to Israeli Prime Minister Ehud Olmert, Vice Premier Haim Ramon, said the incident showed that some Palestinian areas like the one where Dwayyat lived should be separated from Jerusalem.

News in brief

ESTATE. New York hotelier and real estate magnate Leona Helmsley left millions to her beloved dog, Trouble, but she has left between $5 and $8 billion to be put toward the care of dogs in general, The New York Times reported yesterday.

IRAN. Iran said yesterday it was ready to consider a U.S. diplomatic presence in Tehran and called for direct flights between the two countries, nearly three decades after Washington severed ties with Iran. REUTERS

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No Promo Pricing at Yak! Sure we could offer you a month or two for "free" and then jack up the rates, or offer $10 off some service and then ... whammo, you find your bills are right back up there. Did you know that never in Yak's history have our rates ever gone up! Rates always go down and you AUTOMATICALLY get the best rate possible.
No Contracts*! Use us when you want to. Just try and do that with a big telephone company. Once you've signed one of their contracts you'll find your provider jacks up the rates regularly or boost the monthly fees or the access fees. To make matters worse, see what happens when you try to cancel! Get stuck paying back months of "savings" or else. How about access fees? Until Yak challenged the fee with the CRTC – and won – Telus charged its customers without long distance plans $2.95 every month to access their system. Even if they didn't make use of it!
REMEMBER: Yak is a nationally available 10•10 company and our rates never go up. You'll never pay any fees whatsoever. With Yak, there are no contracts, there are no credit checks and all calls appear on your local telephone bill.
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*Terms of Service apply; for full details visit www.yak.ca. Yak services are not available in all areas. Please call 1-866-473-0690 for availability and full service details.

A cure for herpes?
U.S. researchers reported yesterday they may have found a way to flush out herpes viruses from hiding — offering a potential way to cure conditions from cold sores to shingles. REUTERS

Solar system may be a little squashed

Voyager data suggests an oblong shape

Scientists were surprised to learn that the distance to the "termination shock" was a bit for different for each of the probes.

The solar system may not be a nice round shape, but rather a bit squashed and oblong, according to data from the Voyager 2 spacecraft exploring the solar system's outer limits, scientists said yesterday.

Launched in 1977, the Voyager 1 and Voyager 2 unmanned probes are now studying the edges of the heliosphere, the huge magnetic "bubble" around our solar system created by the solar wind as it runs up against the thin gas in interstellar space.

The solar wind is made up of electrically charged particles blown into space in all directions by the sun. The boundary between the heliosphere and the rest of interstellar space is known as the "termination shock."

Voyager 2 in August 2007 crossed this boundary 12.5 billion km from the sun.

Voyager 1 had crossed the boundary in December 2004 about 16 billion km away from Voyager 1 and almost 1.6 billion km farther from the sun.

Scientists think this indicates that the bubble carved into interstellar space by the heliosphere, which extends well past the distant orbit of Pluto, is not perfectly round, and the solar system is shaped a bit like an oblong.

"Imagine a balloon is being blown up by the solar wind. You might imagine that if you took a balloon, which is mainly spherical, and pushed it against the wall, it would be blunted on one side," said Edward Stone of the California Institute of Technology, one of the scientists involved in the research.

That's what has happened with the heliosphere, he said.

The findings were published in the journal Nature. REUTERS

nuclear-powered Voyage

The Voyager spacecraft were launched in 1977 with a mission to fly by and observe the giant planets Jupiter and Saturn. The two spacecraft then continued their mission into the outer solar system. They are flying through remote, cold and dark conditions, powered by nuclear batteries in the absence of solar energy.

Mongolia election fraud protests

REUTERS/ZEV ROZEN

A soldier stands outside the Mongolian People's Revolutionary Party (MPRP) building during clashes between protesters and police in Ulan Bator, Mongolia, Tuesday. Five people were killed and more than 300 injured in a riot in Mongolia's capital among people alleging fraud in a weekend election, the country's justice minister said yesterday.

Mugabe's assets could be frozen

UN. Zimbabwean President Robert Mugabe and his central bank chief are among those who, under a U.S.-drafted resolution, would face UN asset freezes and travel bans over last week's widely criticized election.

Mugabe

According to the latest version of the draft, Mugabe is among 12 people who would face UN sanctions because he is the "Head of Government responsible for activities that seriously undermine democracy, repress human rights and disrespect the rule of law."

Central Bank Governor Gideon Gono would face sanctions because he is "responsible for funding repressive state policies," the text says. REUTERS

Los Angeles Times to cut 250 jobs

NEWSPAPER. The Los Angeles Times will slash 250 jobs, including 150 in the newsroom, and trim its published pages by 15 percent in an effort to save money in the face of declining revenues, the newspaper said Wednesday.

The cuts are the latest in a series for the Times, which will have whittled its newsroom from nearly 1,200 reporters in 2000 to just over 700 as circulation and advertising revenues have faded in the face of competition from the Internet. REUTERS

News in brief

SUDAN. Richard Williamson, the U.S. envoy for Darfur expressed disappointment yesterday that the United Nations had not met a U.S. goal for reinforcing peacekeepers in the area, calling progress so far "absolutely unacceptable."

LOS ANGELES. A man was arrested at Los Angeles International Airport yesterday after claiming to have a bomb in his backpack but no explosives were found, officials said.

SALE. Landmark Communications could announce the sale of the Weather Channel to a group made up of NBC Universal, Blackstone Group LP and Bain Capital in the next day or two, sources briefed on the matter said. The final price on the cable network is expected to be between $3 billion and $3.5 billion. REUTERS

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Google-Yahoo deal subject of antitrust probe, says paper
The U.S. Justice Department has opened a formal antitrust investigation into an alleged deal between Google and Yahoo to share some advertising revenue, The Washington Post reported yesterday. REUTERS

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Mannequins

ADNAN ABID/REUTERS

Mannequins are put on display during a news conference by Purform, a New Zealand-based plastic mannequin brand, in New Delhi yesterday. The company is reportedly moving its entire production to India to tap the huge market. REUTERS

Canadians to spend less

Households will be forced to control finances: Report

A new Toronto Dominion Bank report suggests spendthrift Canadians will sober up their spending over the next 18 months, partly because an anticipated retreat in commodity prices will temper national income growth.

A confluence of other factors — including weaker labour-market conditions, cooling housing markets and tamer wealth accumulation — will also force Canadians to get a grip on their finances. Consumer-spending growth is anticipated to slow from an annualized rate above 5 per cent in early 2008 to a more restrained 2.6 per cent pace in 2009.

"Households have been spending almost like drunken sailors over the past couple of years, which provided critical support to the economy when the export-oriented manufacturing sector had been suffering," the report said.

TORSTAR NEWS SERVICE

Canadian auto sales dip lower

TORONTO. Canadian auto sales were lower in June with another sharp 23.8 per cent skid at General Motors of Canada.

Toyota Canada bucked the trend with a gain of 8.8 per cent as consumers snapped up its fuel-friendly vehicles. Canadian auto sales fell 5.7 per cent to 159,500 vehicles. REUTERS

News in brief

BLACKBERRY. India's telecoms ministry does not see any security risk from RIM's BlackBerry and has no plans to shut the service. Indian security agencies said militants could use the device to send e-mails that could not be traced. REUTERS

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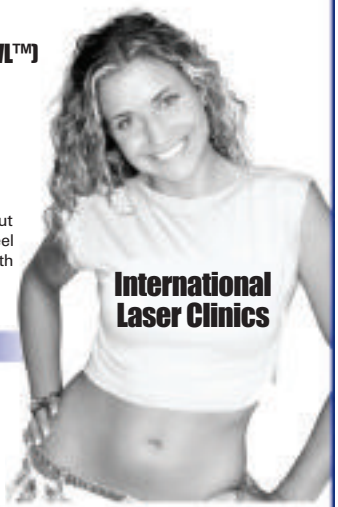

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Party starter. Fireworks and performances portraying 5,000 years of Chinese history will be among the highlights of the Beijing Olympics' opening ceremony, according to the China Daily. The theme is "Civilization and Harmony." METRO NEWS SERVICES

Beijing Games

Chinese wrestler banned for life

DOPING. Wrestler Luo Meng became the second Chinese Olympic hopeful to be banned for life after testing positive for a banned substance, state media reported yesterday.

Luo followed top swimmer Ouyang Kunpeng, whose positive test for the banned steroid agent clenbuterol was confirmed last week, in receiving the punishment, Xinhua said.

Luo tested positive for using a banned diuretic, a weight-loss substance that can be used to get rid of the by-products of performance-enhancing drugs. The wrestler's coach, Zhang Hua, also received a life ban. REUTERS

Australia makes nice over training

NEW DEAL. The Australian swimming team will thrash out a deal with Malaysia to ensure their Asian hosts' Olympic training schedule is not turned upside down.

Reports had said the Australians, who have rented Malaysia's National Aquatic Centre, were refusing to share pool time with the Malaysian swimmers, forcing them to get up before dawn to get training in.

But Swimming Australia said yesterday the reports were inaccurate. REUTERS

Pistorius fails in first 400 bid

ATHLETICS. Double amputee Oscar Pistorius failed in his first bid to reach the Olympic 400 metres qualification time at an athletics meeting yesterday in Milan.

The South African, who runs with carbon fibre blades attached below the knees, is entitled to compete against able-bodied runners following a Court of Arbitration for Sport ruling in May. REUTERS

Tomorrow's lineup

IT'S ALL IN THE SUIT. Since swimmers started wearing the Speedo LZR Racer model in February, more than 40 world records have fallen. Pick up tomorrow's Metro to read more.

35 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Race to the top

P.E.I. native ready to run

MATTHEW WUEST
for Metro Canada

Jared Connaughton was always fast. Whether he was at the hockey rink or on the soccer field, he was by far the fastest kid in New Haven, P.E.I., an offensive-minded forward who left defenders in his dust.

"It was sort of my thing," he recalls. "I was known for it."

He relied on it. He never spent much time refining his technical skills in either sport because his breakaway speed alone was enough to make him an effective player.

But he didn't officially begin his journey to becoming the fastest man in Canada until he hit Grade 11.

That's when he discovered track — a sport he'd never considered because his small Maritime island didn't have proper facilities — and dropped everything to make it his life.

"Track and field isn't something participated in at a high level in my province," Connaughton says. "To see it as something that could get you on an Olympic team, or an opportunity for an education or a profession, was a lofty goal."

Connaughton can thank David MacEachern, a Charlottetown, P.E.I., native and gold-medal winning bobsledder at the 1998 Winter Olympics in Nagano, for helping him find his true calling relatively late in the career of a sprinter.

MacEachern was looking for elite athletes to train for high-level sport, and he found a great one in Connaughton.

The two connected in March 2002, and six months of heavy training later, Connaughton won a gold medal in the 200 metres at the Canadian youth championships.

"I went from basically nothing to fastest youth in Canada in a very short period of time," he says. "I think that was my awakening as far as what my potential could possibly be."

It's been a miraculous evolution for Connaughton, who, at age 22, is a shoo-in for an Olympic spot after completing a four-year track career at the University of Texas at Arlington.

With no formal track facilities in P.E.I., Connaughton learned the ropes in a 60-metre hallway outside his school gym, and when the weather improved, he took his training outside.

"I hammered blocks into the turf on the soccer field, I ran on a dirt track, I ran on a baseball diamond, I ran up sand dunes," he says. "The sky's the limit on my imagination, training-wise.

"At the time, I didn't know any better. I later learned it was kind of a crazy training atmosphere. But it worked for me."

He says there are times when he wonders where he'd be today if he hadn't quit hockey or soccer, but those moments are fleeting because of the success he's had as a sprinter.

"I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be," he says.

His best time in the 100 is 10.15 seconds, and he has a 20.35 clocking in the 200. Both are Olympic A standards. He is confident he will reach his peak in Beijing.

"All I have to do is execute and I can be one of the fastest men in the world," Connaughton said. "That's a really, promising, motivating thought to give yourself every day."

"I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be."
Jared Connaughton, sprinter

Runner Jared Connaughton is a shoo-in for an Olympic spot after completing a four-year track career at the University of Texas at Arlington.

Fast facts

NAME: Jared Connaughton.
HOMETOWN: New Haven, P.E.I.
AGE: 23 on July 20.
MEASUREMENTS: Five-foot-nine, 180 pounds.
SPORT: Track.
SPECIALTIES: 100 metres, 200 metres, 4x100 relay.
OLYMPIC QUALIFYING: July 3 to 6 at the Canadian track and field championships in Windsor, Ont.
OFF THE TRACK: Trivia and movie buff.

JAMIE SQUIRE/GETTY IMAGES

Swimmer Michael Phelps.

Phelps lands another berth

SWIMMING. Michael Phelps staked his claim to another Beijing Olympics berth during the U.S. swimming trials on Tuesday with a sizzling performance in the 100 metres freestyle preliminaries.

Phelps became the sixth swimmer to clock under 48 seconds with a time of 47.92 to win his heat then withdrew from the event believing he had done enough to secure a spot on the 4x100 relay team.

"One and done," Phelps' coach Bob Bowman told reporters. "He was trying to break 48 and he did and that sets him up nicely for the relay."

Phelps, who has targeted Mark Spitz's record of seven gold medals at a single summer Games in Beijing, has qualified in the 400 metres medley and 200 metres freestyle.

His victory in the 200 freestyle also clinched him a place on the 4x200 relay squad. REUTERS

Sports in brief

U.S. TRIALS. Natalie Coughlin and Aaron Peirsol blitzed to world records in the 100 metres backstroke at the U.S. swimming trials on Tuesday. Coughlin stormed to the wall in a time of 58.97 seconds, becoming the first woman to dip under 59 seconds. Peirsol powered home in 52.89 seconds. REUTERS

DRUG TESTING. Dara Torres, fearful she will be branded a drug cheat rather than an Olympic great, is undergoing unprecedented drug-testing as she bids to earn a trip to her fifth Games at this week's U.S. swimming trials. At 41, she will be the oldest female swimmer to compete at the Games — if she qualifies in the 50- and 100-metre freestyle. REUTERS

NHL The Pittsburgh Penguins signed Evgeni Malkin to a five-year contract extension with $8.7 million US per season yesterday. Malkin, a finalist for the Hart Trophy as the NHL's MVP, scored 47 goals and had 59 assists in 82 games last season. **METRO NEWS SERVICES**

NHL The New York Rangers acquired forwards Nikolai Zherdev and Dan Fritsche from the Columbus Blue Jackets yesterday in exchange for defencemen Fedor Tyutin and Christian Backman. Zherdev scored 26 goals and 61 points last season. **METRO NEWS SERVICES**

Sports

"Whether we like it or not, we're going down this road."

PGA Tour commissioner Tim Finchem on the new drug testing program launching at this week's AT&T National.

Big offer

The Golden State Warriors have reportedly offered free agent Elton Brand a larger deal than the one offered to him by the Los Angeles Clippers.

Glencross looks to fan Flames

Ex-Oilers forward excited to be joining 'younger, quicker' Calgary club

LAURENCE HEINEN
for Metro Calgary

Curtis Glencross scored one-third of his goals last season against the Calgary Flames.

Barring a trade, that won't be the case next season as Glencross will suit up as a member of the Flames after signing a three-year deal as a free agent with Calgary yesterday.

"Hopefully I can keep that success going with Calgary now," said the 6-foot-1, 195-pound native of Kindersley, Sask., who grew up in Provost, Alta. "I had good success in the barn there in Calgary."

Glencross scored twice, including the game winner in overtime, as the Columbus Blue Jackets beat the Flames 4-3 last Dec. 1 at the Saddledome. Glencross then scored once in a 3-1 loss to Calgary in Columbus on Dec. 18 and twice more against the Flames as a member of the Oilers in a 3-2 loss in Edmonton on April 1.

He finished the season with 15 goals and 10 assists in 62 games and is hoping to improve those numbers as a member of the Flames.

"It's a nice young team," Glencross said. "It's a team that's gritty and likes to play the run-and-gun kind of game. I'm looking forward to it. I think it'll be fun."

With the addition of Rene Bourque via a trade with the Chicago Blackhawks on Canada Day and the arrival of Glencross, Calgary general manager Darryl Sutter said the Flames have gotten "younger, quicker and bigger" on the wings.

"They're quite excited to be here," Sutter said.

The Flames also re-signed 28-year-old defenceman Jim Vandermeer to a three-year deal and his older brother forward Peter Vandermeer, 32, to a deal as well. Other signings include defencemen Mark Giordano and Ryan Wilson as well as forwards Brandon Prust and David Van Der Gulik. The elder Vandermeer along with Wilson and Van Der Gulik will likely start next season in the minors, while Sutter said he expects Giordano and Prust to be in the mix to crack Calgary's lineup.

TSN reported yesterday afternoon that winger Kristian Huselius signed a four-year deal with the Blue Jackets worth $4.75 million per year.

free agent frenzy continues

Atlanta — Ron Hainsey, D, 5 yrs, $22.5 million.
Columbus — Kristian Huselius, LW, 4 yrs, $19 million.
Dallas — Sean Avery, C, four years, $15.5 million.
Detroit — Marian Hossa, RW, 1 yr, $7.45 million.
N.Y. Islanders — Doug Weight, C, 1 yr, $1.75 million.
Ottawa — Shean Donovan, RW, 2 yrs, $1.25 million; Jarkko Ruutu, LW, 3 yrs, $3.9 million.
Pittsburgh — Brooks Orpik, D, 6 yrs, $22.5 million.

Red Wings land Hossa for 1 year

NHL The Stanley Cup champion Detroit Red Wings strengthened their potent offence by signing star winger Marian Hossa on a one-year contract yesterday.

Hossa

Hossa, regarded as the top free agent forward on the market, agreed to a deal estimated by local media to be worth $7.4 million US.

Although media reports linked Hossa to a $9 million offer from the Edmonton Oilers, the 29-year-old Slovak said he was eager to join the Red Wings as he believes they will give him the best chance to win his first Cup. **REUTERS**

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Baltimore 5 Kansas City 2
L.A. Angels 7 Oakland 4
Minnesota 7 Detroit 0
N.Y. Yankees 18 Texas 7
Tampa Bay 7 Boston 6
Chicago W. Sox 6 Cleveland 5 (10 ings)
Seattle 4 Toronto 2

NATIONAL LEAGUE
Florida 4 Washington 2
Philadelphia 7 Atlanta 3
Pittsburgh 9 Cincinnati 5
L.A. Dodgers 4 Houston 1
St. Louis 8 N.Y. Mets 7
Colorado 8 San Diego 1
Milwaukee at Arizona
Chicago Cubs at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Boston at N.Y. Yankees, 5:05
Kansas City at Baltimore, 5:05
Oakland at Chicago W. Sox, 6:11
Detroit at Seattle, 8:10

NATIONAL LEAGUE
L.A. Dodgers at Houston, 12:05
Milwaukee at Arizona, 1:40
Chicago Cubs at San Francisco, 5:05
Philadelphia at Atlanta, 5:10
Washington at Cincinnati, 5:10
Florida at Colorado, 6:05
N.Y. Mets at St. Louis, 6:15

CFL

WEST DIVISION

	W	L	PCT	GB
Saskatchewan	1	0	0	2
CALGARY	**1**	**0**	**0**	**2**
B.C.	0	1	0	0
Edmonton	0	1	0	0

EAST DIVISION

	W	L	T	PTS
Montreal	1	0	0	2
Toronto	1	0	0	2
Winnipeg	0	1	0	0
Hamilton	0	1	0	0

WEEK 2

TONIGHT'S GAMES
Hamilton at Toronto, 5
CALGARY at Edmonton, 8

TOMORROW'S GAMES
Winnipeg at Montreal, 5
Saskatchewan at B.C., 8

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

LAST NIGHT'S RESULT
CALGARY at Edmonton

TONIGHT'S GAME
CALGARY at Edmonton, 7:05

LOTTERIES

Lotto 6/49 12, 18, 19, 35, 42 & 43. Bonus 44.
Results not official

Stamps limp into Edmonton

DAN TOTH
for Metro Calgary

The Calgary Stampeders couldn't have asked for more from their defence in Week 1 – except for a little durability.

An excellent performance in a 28-18 win over B.C. was overshadowed by three key injuries that will force some roster moves tonight when the Stamps travel to Edmonton to face the Eskimos (8 p.m. TSN).

Injuries to defensive linemen Juwan Simpson (ankle) and Funtaine Hunter (hamstring), in addition to linebacker Saleem Rasheed (shoulder), have triggered a number of changes.

Defensive lineman Julian Jenkins, in town just one week, will likely be added to the roster while backup linebackers Matt Grootegoed and LeMarcus Rowell will see more playing time. Canadian backup defensive lineman Randy Chevrier and Canuck linebacker Justin Phillips could also see extra action.

"I feel comfortable enough and I've been getting better every day and that's what they expect of me," said Jenkins, who was added to the practice roster in Week 1.

Chevrier

"They can have as high of expectations of me as they had of the guy who started last week. There should be no drop off and that's part of being a pro football player. You watch the guy in front of you and you wait for your chance to play and if he goes down, there should be no drop off.

"This is an attacking defence and in Week 1, just like this week, we raised hell because we had an iron will and our scheme suits our personnel. As a backup, as a guy in the bench, that's what you prepare for and why you practice."

Canadian Mike Labinjo, who had spent most of training camp at linebacker, was forced to move up to the defensive line in Week 1 and could start there against Edmonton.

"Our coaches are just going to get the best 12 guys ready to get back out on the field and ready to play," said Labinjo, who was with the Stamps last season but suffered a season-ending elbow injury.

"It helps in training camp that I was learning different positions so it was natural for me to switch over to (middle linebacker) and back to defensive end during the game. Now it's important for guys to know more than one position for when guys go down. It's a huge benefit when guys can play more than one position."

The Stamps were also busy this week signing new players, adding non-import receiver Teyo Johnson along with import defensive ends Jonal Saint-Dic and Charleston Hughes.

Sports in brief

CFL Montreal Alouettes quarterback Anthony Calvillo was named the CFL's offensive player of the week yesterday after he completed 25 of 37 passes for 293 yards and two touchdowns in a 33-10 win over the Hamilton Tiger-Cats on Thursday. **METRO NEWS SERVICES**

NBA The Seattle SuperSonics and the City of Seattle reached a settlement in their tempestuous arena lease dispute yesterday. The team's owners agreed to pay the City of Seattle $45 million US and in turn, the Sonics can move to Oklahoma City immediately. **METRO NEWS SERVICES**

TENNIS World No. 1 Roger Federer's pursuit of a modern-era record sixth successive title showed no signs of slowing down yesterday when he outclassed Croatia's Mario Ancic 6-1, 7-5, 6-4 at Wimbledon to reach his 17th grand slam semifinal in a row. **REUTERS**

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Lifestyle

Mulch rules

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Backyard sheds don't have to be eyesores

Rustic and charming wooden creations can beautifully accent an outdoor space

ArrestingDesign

For time savings and a reasonable price, the metal or vinyl shed package from any big-box hardware store can work, with a little help from your imagination. But watch out — many are strictly utilitarian.

The typical backyard shed has long had a reputation as an eyesore — useful but generally an ugly affair stuck into the corner of the backyard. We are here to tell you that you don't need to put up with an ugly shed any longer. We have seen sheds that accent and beautify the backyard. They look great, and can they multitask! Just use your imagination.

Sure a shed can be used to store gardening and other backyard equipment such as shovels, rakes, lawnmowers, bicycles and the like.

But you can also customize a shed to suit your needs. A shed can be a gardening centre complete with a mini greenhouse, it can be a yoga studio, it can be a playhouse for children, it can be a guest room, a pool cabana, a home office, an artist's studio, or a personal retreat.

We've found that wooden sheds, either built from a kit, or fashioned by hand, are often the most lovely creations, blending into a garden-like environment. If the house has cedar shingles or wooden siding, a shed can beautifully match the house in terms of material and style, evoking a rustic natural feel.

Unpainted wood ages beautifully into a silvery colour, and looks fantastic against climbing and other plants. To achieve this weather-beaten look, you can also use old French doors on the shed, old shutters, or old mirrors and other "antique" additions. If you are lucky enough to have an old barn or brick shed on your property, you can retain the charm of this material in the garden by either reusing the brick, or building upon the ruins, so to speak. Or you can bring the material in, and fake the look. Natural stone, especially limestone, has a natural beauty of its own! A more modern look can also be stunning. We've seen sheds finished in stucco or a similar smooth finish, accented by horizontal wooden decorative banding.

But keep in mind that the look of the shed must match the look of the house, and the gardens, for that matter.

Whichever style of shed you decide upon, situate it in such a way that a stone walkway also acts as a viewing platform for the garden or a pool. Use plantings to enhance the beauty of this little house.

For time savings and a reasonable price, the metal or vinyl shed package from any big-box hardware store can work, with a little help from your imagination. But watch out — many are strictly utilitarian. And that would be a shame when there are so many charming and stylish directions the imagination could take when it comes to building a backyard shed.

TORSTAR NEWS SERVICE FILE PHOTO

Wooden sheds blend nicely into a garden-like environment.

Tammy Schnurr and Jeffrey Fisher are co-hosts of Arresting Design on W Network.

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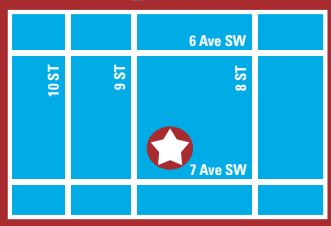

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Strawberries don't ripen after they've been picked, so buying local ensures berries are at the peak of freshness.
Berries are some of the most perishable fruit and are truly at their finest eaten as soon as picked as possible. METRO NEWS SERVICES

Food

"A vivid, unwilted green cap is a good indicator of a fresh strawberry."

Barb Holland for Metro Calgary

What to look for
Choose fruits that are plump and already brightly coloured. Strawberries should be shiny red and have their calyxes (the green cap that joins the berries to the stems) attached.

À la carte

Barb Holland
Metro Food Writer

Strawberry fields forever: Enjoy them while you can

A cool and damp spring delayed this year's local strawberry crop, but finally homegrown berries are here and very much worth the wait. Whether you grow your own, pick 'em at a local farm, or buy them at the market, now's the time to enjoy ripe, sweet and juicy hand-picked strawberries. While traditional varieties produce a single crop in June, newer 'day-neutral' strawberries ripen all summer long. These new varieties are still a very small percentage of crops, but more growers are planting them every year to extend the season. Now that's delicious news. Enjoy them while available in as many ways as you can, topping your cereal, stirred into yogurt, swirled into smoothies or just as is — how sweet is that?

Strawberries And Amaretti Mini Trifles

When it comes to fresh strawberries, keep it simple. These easy mini trifles can be made about 30 minutes before serving, the liquid will soften the cookie crumbs a little. If this is an adult dessert, splash berries with a little almond liqueur. Later in the season, use a mixture of berries, as available and as you prefer.

INGREDIENTS:
4 cups (1 L) fresh strawberries
3 tbsp (45 mL) granulated sugar
18 small amaretti (crisp almond) cookies
¼ cup (50 mL) brown sugar
½ tsp (2 mL) vanilla
1-½ cups (375 mL) plain or vanilla yogurt
fresh mint sprigs

METHOD:
Slice strawberries in half, or quarters if large. Sprinkle berries with sugar, stir gently and let stand 20 minutes to release juices.

Roughly break amaretti cookies and layer half between 6 dessert glasses (sturdy wine glass or brandy snifters will work).

Gently stir brown sugar and vanilla into yogurt until smooth. Taste and add more sugar or vanilla, if needed.

Spoon half the strawberries and the juices over the cookie base. Top with remaining cookie crumbs, then remaining strawberries. Spoon yogurt mixture evenly over berries. Chill and just before serving, garnish with mint.

Makes 6 servings.

While traditional varieties produce a single crop in June, newer "day-neutral" strawberries ripen all summer long.

Strawberry tips:
• Good for you: Strawberries pack a wallop of healthy nutrients and with only 56 fat-free calories per cup. They provide folate, fibre, magnesium and potassium as well as antioxidants and phytochemicals. Strawberries are high in Vitamin C — just 1 cup (250 mL) meets your daily needs.
• Storing: Strawberries are delicate, but will last a few days in the refrigerator in well-ventilated cartons or in a single layer on a paper towel-lined shallow pan. Refrigerate berries, but don't wash until you are ready to use. Then rinse gently and drain on paper towels. Remove the hulls after rinsing.

Barb Holland is a home economist and food writer who believes in shopping locally and in season.

Rediscover joy of eating grain-free

Everyday Grain-Free Gourmet: Breakfast, Lunch And Dinner by Jodi Bager and Jenny Lass is offering people with celiac disease — and the growing number of people choosing to go wheat-free — an innovative cooking style that allows them to make all their old favourites in new ways and rediscover the joy of eating. Whitecap Books has offered Metro this recipe from Everyday Grain-Free Gourmet:

Seared Tuna With Carrot Fritters

Perfect for company, this dish is simple to make and looks beautiful. It is sure to please all the seared tuna lovers you know. The carrot fritters can be made ahead of time and reheated in a 250°F (120°C) oven for 30 minutes until hot. Serves 4.

INGREDIENTS:
Fritters:
1 cup (250 mL) grated carrot
½ cup (125 mL) grated extra old cheddar cheese
½ cup (125 mL) almond flour
1 tsp (5 mL) baking soda
2 large eggs
1 tsp (5 mL) Dijon or seedy mustard
¼ cup (60 mL) Yogurt
1 pinch of salt
freshly ground black pepper
sunflower oil for cooking
Seared Tuna:
olive oil for brushing on the tuna
1½ lb (750 g) sushi grade tuna
salt and freshly ground black pepper

METHOD:
Add the carrots, cheddar cheese, almond flour, and baking soda to a medium-sized bowl and toss to mix thoroughly.

In another small bowl, combine the eggs, mustard, yogurt, salt, and freshly ground pepper and stir well. Add the dry ingredients to the wet and mix thoroughly.

Coat a frying pan with a bit of oil and turn to medium heat. It is not necessary to fry these fritters in a lot of oil; just a light coating of oil in the frying pan will do the job well.

Drop heaping teaspoons full of the mixture on the hot pan and fry, turning once, until browned and cooked through.

Place the cooked fritters on paper towels to absorb any excess oil. Transfer them to an ovenproof dish and keep them warm in the oven at 175°F (85°C).

Brush the tuna with a bit of olive oil and season with salt and freshly ground pepper. Heat a frying pan to smoking or heat a barbecue grill to high.

Sear the tuna in the pan or on the grill for two to three minutes per side, depending on the thickness of the fish. Remove the tuna from the heat and let rest for one minute before slicing with the grain.

Everyday Grain-Free Gourmet: Breakfast, Lunch And Dinner (Paperback) is available at *Amazon.ca* for $18.87.

Seared Tuna With Carrot Fritters is served with dollops of aioli in between the tuna slices. A recipe for aioli is included in the book.

Steve-O's legal woes
Jackass star Steve-O is facing more legal troubles — a security guard is suing him over an alleged assault at the launch of hotel heiress Paris Hilton's clothing line. IMDB.COM

Entertainment

Misses laughs

Oscar nominee Amy Ryan is heading back to TV because she misses the laughs on The Office. The Gone Baby Gone star will return to the U.S. sitcom as Holly Flax next season. IMDB.COM

Blue-screen acting 101

Fraser is a veteran of effects-heavy films

"The Audience doesn't want to see anybody's homework," Fraser says.

There's a quiet, dreamy tone to Brendan Fraser's remarks, as if he's not quite present in this hotel room where he's sprawled on a sofa. Long, tiring day on the publicity trail?

Could be. The 39-year-old American-born actor of Canadian descent, who spent four years as a teenager at Upper Canada College — the unpleasant aspects of which gave him material for his role as a prep school student in the 1992 movie School Ties — is promoting not only a movie, but a technology.

"In my case, I prefer to have no one there. It's easier for me. You can swing away with your sword without worrying about running through a stunt man. The CGI people can then do what they do.
Brendan Fraser
on blue screens

He stars in Journey To The Center Of The Earth, a 3-D movie adaptation of the 1864 sci-fi classic by Jules Verne. It opens July 11.

It's the kind of effects-heavy movie Fraser is familiar with. In his 1999 hit, The Mummy, he engaged in furious sword fights with mummies onscreen. During the filming, Fraser slashed away in front of a blue screen. The CGI folks put in the mummies afterward.

"In my case, I prefer to have no one there," Fraser says. "It's easier for me. You can swing away with your sword without worrying about running through a stunt man. The CGI people can then do what they do. The audience doesn't want to see anybody's homework."

In the same way, Fraser is perfectly comfortable with pretending to be running from a vicious predator in this latest movie, even though nothing's behind him.

They don't give Oscars to this kind of acting, but Fraser doesn't mind. Ever since he came to Los Angeles in 1991, Fraser has accepted without hesitation the roles that have fallen to his lot.

"I'm like most actors," Fraser says. "They don't idle well. They like to work. I know I'm one of those types, too. I've had some very good fortune in the last 15 years or so in terms of being able to work, and I guess being in this kind of big-budget picture … allows for some leeway to work on projects that are a little more hand-picked."

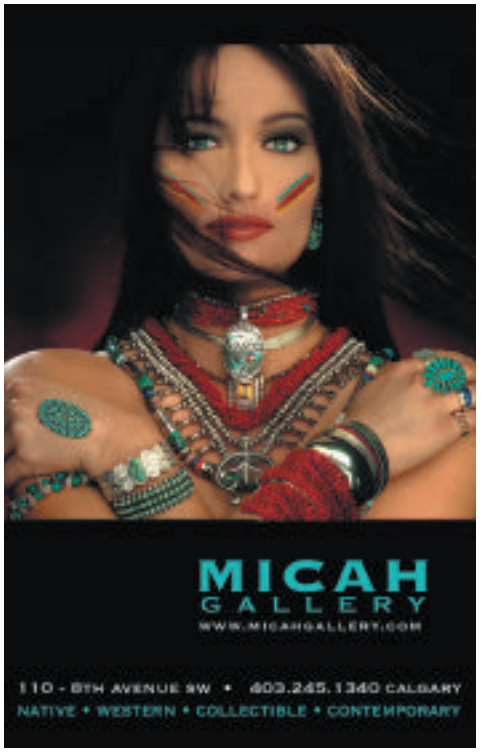
TORSTAR NEWS SERVICE

MICHAEL BUCKNER/GETTY IMAGES

Brendan Fraser arrives at the California premiere of Journey To The Center Of The Earth recently.

release

Journey To The Center Of The Earth opens tomorrow.



We've gone country

The Greatest Outdoor Show on Earth is upon us. And although this claim to fame has never been scientifically proven, Slick City is hopping up on the band wagon faster than you can shout "Yeehaw!"

Next week, we'll talk ways to avoid the horse pucky typically associated with the Calgary Stampede. But for now, while it's still fresh, we've gone country. And for those new Calgarians, there are a few traditions you should know about.

First, you'll be pleased to discover that everyone wants to stuff you with pancakes … for free. Apparently, it began in 1923 when some guy named Jack Morton got suckered into sharing his breakfast with a bunch of freeloaders. But truthfully, its origins are inconsequential when you're standing in line with a paper plate, hungrily anticipating a stack of hot, buttery, syrup-drenched flapjacks.

Whether you're a hung-over 20-something or a family of 20 in pursuit of good grub, the Calgary Stampede Caravan hosts the best breakfasts. The Caravan will be at Marlborough Mall this Saturday morning from 9 a.m. until 11 a.m.

Go to *www.stampedecaravan.com* for a full schedule throughout the Stampede. You can find other listings at *www.stampedebreakfasts.com*. Don't tell 'em I sent you.

Along with fattening you up, the Stampede is equally notorious for mixing good drinks with good causes. Here are two events as Wild West as they are worthwhile.

Tantra Nightclub (355-10th Ave SW) hosts Pink Suede — a super sexy fashion show featuring primarily pink styles and skivvies — tomorrow. Support Christmas Future, a Calgary-based organization aimed at eradicating extreme poverty, with your $40 ticket. Call 403-831-1091 or visit *www.christmasfuture.org*.

Cowboys (a tradition all its own) hosts Calgary Chorale this coming Monday night. For $35, you'll be encouraging future country superstars and Canadian Idol contestants by supporting the Youth Singers of Calgary. Log on to *www.youthsingers.org* for info.

But no matter where you rodeo this weekend, have your boots on, your wallet out, and your stomach ready.

Check out my Stampede adventures online at *www.metronews.ca*. And please tell me about the most fun you plan to have with your boots on by e-mailing me at *slickcity@metronews.ca*.

No stunt double needed
Actress Meryl Streep, right, has denied rumours she used a body double in new movie Mamma Mia!, insisting she performed the "splits" for real. IMDB.COM

Getting Lost with literature

Intellevision

Rick McGinnis
rick.mcginnis@metronews.ca

WELL READ: There's definitely something happening with the culture in general when a TV show — and not one with Oprah Winfrey hosting — does its best to encourage its viewers to read more.

Books have been a prominent prop and plot device on Lost over its four seasons, the most obvious being Lost Twin, the book by Gary Troup, a passenger on Oceanic flight 815 who didn't survive the crash but left his manuscript behind.

Lost Twin was produced by Hyperion Books, a part of the Disney corporate family that also includes ABC, and ghostwritten by thriller writer Laurence Shames.

It didn't end up having much to do with the show in the end, but that didn't stop fans from making it a bestseller.

No doubt inspired by this show of fan loyalty, ABC has launched the Lost Book Club, with e-commerce links that let you buy titles profiled on the show, and a tie-in with iTunes so you can pick up the audiobook version (if you've already evolved into an entirely post-literate creature.) According to Verne Gay of Newsday, titles will be added whether they're actually read by cast members onscreen or just spotted amidst the set dressing.

ABC's book club site will include a synopsis of the book and an explanation of how it ties into a specific episode — Jack Kerouac's On The Road, for instance, is featured because Michael Emerson's Ben Linus uses the name of one of its characters (Dean Moriarty) as an alias in season four, Dickens' A Tale Of Two Cities simply shares a title with an episode in season three. The selection of books is hard to characterize, and ranges from the obvious (Michael Crichton's Jurassic Park, Aldous Huxley's Island, William Golding's Lord Of The Flies, Conrad's Heart Of Darkness) to the interesting (Philip K. Dick's Valis, Stephen Hawking's A Brief History Of Time, Ayn Rand's The Fountainhead, Lewis Carroll's Through The Looking Glass and Alice In Wonderland and Henry James' The Turn Of The Screw) to the outlandish (Stephen King's Carrie, Judy Bloom's Are You There God? It's Me Margaret, and the children's classic Bonjour, Babar.)

ABC has launched the Lost Book Club, with links that let you buy titles profiled on the show.

Frankly, this doesn't do much to dispel the image of the show as Thursday night post-pizza-and-doobie viewing for graduate students on the 8-year-plan, but that's probably part of its appeal. It's when the book club starts including Zen And The Art Of Motorcycle Maintenance or Carlos Castaneda books among its offerings that I'd start getting worried.

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

IN COURT Tatum O'Neal pleaded guilty to disorderly conduct yesterday in connection with her crack bust last month — and could have the arrest thrown out if she does as she's told, *tmz.com* reports. A Manhattan judge ordered the actress to spend two half-day sessions in a drug-treatment program and pay a $95 US fee.

CANCELLATION Rock group Van Halen has been ditched from a concert in Prince Edward Island after government officials realized they can't afford to put it on, *femalefirst.co.uk* reports.

MUSIC A new Michael Jackson song has appeared online, *femalefirst.co.uk* reports. Hold My Hand, featuring rapper Akon, has cropped up on various websites and is reportedly due to feature on his long-awaited comeback album, which Akon is believed to be producing. The track features the lyrics: "Things will get better if you just hold my hand."

METRO NEWS SERVICES

	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/3/08 primetime	267	351 -	ACCESS	Law Order: CI		Stargate SG-1		Ancient Clues		Grey's Anatomy		Help TV
	243	317 3	CFCN	eTalk	Jeopardy!	Law Order: CI		CSI: Crime Scn		You Can Dance		News (N)
	-	- 4	BROAD	Broadcast News		Broadcast News News.						
	-	371 5	KXLY	News	News	Entertain	Insider	Ugly Betty		Grey's Anatomy		Hopkins
	245	306 6	CBRT	Coronatn	Who Do	jPod (DVS)		Truth	Dead Beat	National		The Hour
	244	338 7	CICT	ET	Entertain	Swingtown (N)		Last Comic Standing (N)				News
	246	- 8	CKAL	Friends	Friends	Hopkins (N)		Ugly Betty		Two Men	Two Men	Your City
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	-	- 10	SHAW	(6) Local Programming						Local Programming		
	-	372 12	KREM	News (N)	Hollywood	Friends	Scrubs	Million Dollar		CSI: Crime Scn		Swingtown
	-	374 14	KSPS	News-Lehrer		Visions of Sicily		Sherlock Holmes		Globe Trekker		Sound
	502	390 15	CBC	National		The Nature of Things		National		National		Nature
	-	370 16	KHQ	News (N)	Raymond	Jeopardy!	Fortune	Last Comic Standing (N)				Fear Itself
	-	373 22	KAYU	'70s Show	Simpsons	Two Men	Two Men	You Smarter?		You Can Dance		News (N)
	297	652 37	WPIX	Supernatural		CW11 News at Ten		Two Men	Friends	Sex & City	Will-Grace	Frasier
news	500	500 29	CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper
	508	502 31	CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Grace
sports	400	400 21	TSN	CFL Football		CFL Football Calgary Stampeders at Edmonton Eskimos.						Sports
	408	418 27	net	MLB Baseball: Marlins at Rockies				World Combat		Sportsnet Connected		Sports
	410	403 30	SCORE	Can Poker		Score Update		Schwab	Challenge	Score Update		Update
	411	457 44	OLN	Mark Williams		Don't Forget		Pilot Guides		Don't Forget		Everest
	417	406 48	SPEED	Rolex Sports Car Series		Racing: Daytona		Pinks	Pass Time	Monster Jam		Pinks All
family	552	543 20	YTV	Drake	H2O Just	Malcolm	Prank Ptrl	Fries	Futurama	Prank Ptrl	Mystery	Falcon
	557	541 39	FAM	Zoey 101	Life Derek	So Raven	Smart Guy	Suite Life	Sadie	Montana	Life Derek	School
	555	545 67	TOON	6teen	Johnny T	George	Melodies	Loonatics	6teen	Total Dra	Futurama	Mars Attk
	575	583 11	CMT	Reba	Hope	Home Imp.	Roseanne	Dedicated (N)		Reba	Hope	Home Imp.
	553	546 17	TREE	Little Bear	Spider	Couch	Rolie Polie	Berenstain	Dragon	Backyard	Dora	Quilt
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cable variety	505	398 19	TWN	EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23	W	Shopping	House	Will-Grace	Friends	Divine	House	Colour	House	Wasted!
	521	560 24	TLC	American Chopper		Miami Ink (N)		American Chopper		Miami Ink		Monster G
	603	561 25	FOOD	Unwrap	Unwrap	Secret	Secret	Cakes	Cakes	Iron Chef America		Unwrap
	615	520 26	A&E	The First 48		The First 48		Crime 360		The First 48		First 48
	617	522 32	SHOW	Trailer	Billable	ReGenesis		Intelligence (HDTV)		G-Spot	Exes Ohs	Diary
	601	562 33	SLICE	Last 10	Brides	The Biggest Loser		Rich-Poor Bride		Last 10	Brides	Loser
	-	633 34	ENC2	Dog Park	(7:35) Air Bud: World Pup			Dante's Peak ★★ (1997, Action)				Earthquke
	520	505 35	DISC	Shadow-Moon		MythBusters		Daily Planet		Sport Science		Moon
	620	523 36	BRAVO	Possession ★★ (2002, Romance)				Law & Order		Without a Trace		Kikujiro
	294	650 40	WPCH	MLB Baseball		Fam. Guy	Fam. Guy	Seinfeld	Frasier	Shadow Conspiracy (1997)		
	626	547 41	COM	Laughs	Comics!	Air Farce	22 Min	Laughs	Mercer	Simpsons	S. Park	Laughs
	-	539 42	TCM	(6) Sabrina		Tom Jones ★★★★ (1963, Comedy)				What's New, Pussycat?		
	628	584 43	SPIKE	TNA iMPACT! (N)				Factory	MANswers	MANswers	Factory	UFC 86
	522	516 45	HIST	Disasters	Mastrmnd	NCIS		Nuclear Sharks		The Hunt for Red October		
	627	528 46	SPACE	The Lost Room (Part 2 of 3)				Stargate SG-1		Star Trek: Voyager		Enterprise
	-	- 47	AMC	Animal House		History of the World: Part I (1981, Comedy)				Natl Lampoon Animal House		
	619	525 49	TROP	Tube	Vanity	Inside Hollywood		ET	What	Fam. Guy	Seinfeld	Seinfeld
	600	564 50	HGTV	The Fix	Disaster	Junk	Big Flip	Holmes on Homes		Restaurant Makeover		The Fix
	501	391 52	CTV	CTV Newsnet		News	CTV News	News	CTV News	News	News	News
	504	508 70	BNN	Squeeze Play		Market Call		Business News		Market	Legal	Squeeze
	526	507 92	CLT	Treacherous Beauties		Traders		The West Wing		The District		Trcherous
	269	350 93	APTN	First Talk	News	Raven Tls	Spirit	Canadian Geographic		Medicine Land		The Mix
	-	- 94	MCP	News	News	The Land	Daughters	Vancouver	Main	Dheeyan	Sadabahar	Mor Deo
	571	581 100	MMM	Popaganda		Celebracadabra		Listed		Celebracadabra		Amy
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	581	566 102	MTV	The Real World		True Life (N)		MTV Live		The Real World		True Life

critics' corner

Sabrina
Harrison Ford has nothing on Bogey. Wealthy, dissimilar brothers (Humphrey Bogart, William Holden) become romantic rivals for the daughter (Audrey Hepburn) of their chauffeur (John Williams) in director Billy Wilder's sparkling 1954 comedy. Sabrina Fairchild has long adored playboy David (Holden), but money-minded Linus (Bogart) makes his own play for her to keep David at bay — and a business deal intact. He soon finds other reasons to keep pursuing her. 6 PM on TCM

Possession
This movie is one of those rare ones that is better than the book upon which it is based. Maud and Roland (Gwyneth Paltrow, Aaron Eckhart) are literary scholars who discover a connection between the Victorian poets they're studying. Roland believes the two were lovers, while Maud knows the subject of her research had a lesbian lover. As they dig deeper, they become more than rival scholars. Jennifer Ehle and Jeremy Northam also star in this 2002 romance. 7 PM on BRAVO

Swingtown
Does the name Harry Reems mean anything to you? If you remember the 1970s, you'll recognize his name; he was the biggest male porn star of the era. He appears in this new episode, played by an actor (Rick D. Wasserman, "24"), in which the Deckers (Grant Show, Lana Parrilla) host a fundraiser for an actor in legal trouble. Yes, the real Reems did get in trouble over "Deep Throat." 8 PM on CICT

Comedians Will Ferrell, left, and Sacha Baron Cohen will star in a forthcoming film about fictional detective Sherlock Holmes. Cohen will play the pipe-smoking sleuth, with Ferrell as his partner Watson in the as-yet-untitled film. IMDB.COM

Celebrity Buzz

Trump lashes out at Hathaway

ACCUSATION Real-estate mogul Donald Trump has lashed out at Anne Hathaway, claiming the actress was only with alleged conman Raffaello Follieri for his money, imdb.com reports.

The Devil Wears Prada star is said to have broken up with the businessman earlier this month, shortly before he was arrested on suspicion of fraud.

And Trump insists Hathaway should have remained by Follieri's side throughout his legal ordeal.

In a statement issued by his publicist to ABC-News.com, Trump says: "After (his legal troubles) she was gone ...and fast! Sadly, that seems to be the way life works."

In an interview with Access Hollywood, he added: "She hasn't remained very loyal to him, has she? So when he had plenty of money, she liked him, but then after that, not as good, right?"

Hathaway's representative was unavailable for comment as WENN went to press.

METRO NEWS SERVICES

FRAZER HARRISON/ GETTY IMAGES

Kanye works on shoe line with Vuitton

FASHION Kanye West is collaborating on a shoe line with designer label Louis Vuitton, femalefirst.co.uk reports.

The rapper was in the front row for the fashion giant's unveiling of its Spring 2009 collection in Paris last week.

West, who was joined by music producer Pharrell Williams, confirmed he will be working with Louis Vuitton to design a range of men's footwear.

Speaking at the show, dressed entirely in his own fashion line, West said: "I'm here for Louis. I grew up with the Louis look, you know. I just love the style."

West — famed for his bright plastic slatted sunglasses — has already revealed plans to release his own brand of women's wear, separate from the Vuitton shoes deal, which will debut later this year.

West has previously admitted his style is inspired by Carlton Banks — the preppy upper class character from hit '90s US TV series The Fresh Prince of Bel Air, which starred Will Smith.

At the fashion show, Williams also expressed his love for Louis Vuitton, saying: "It's got style and elegance, man. And I do love the accessories, I am an accessories boy."

METRO NEWS SERVICES

celebrity brief

Theron feels "unsexy" when too skinny

PEOPLE Charlize Theron feels "unsexy" when she is too thin, femalefirst.co.uk reports.

The Oscar-winning actress had to lose a lot of weight for a movie role and felt uncomfortable as she prefers being curvier.

Charlize — who also gained more than 28 pounds to plays murderer Aileen Wuornos in the movie Monster — said: "I played a woman with cancer in Sweet November. I went down to a Size 6 and I felt completely uncomfortable. I remember being cold and wrapping my arms around my body and feeling ribs and bone. I felt totally unsexy."

METRO NEWS SERVICES

O'Donnell laughs off break-up talk

RUMOUR Comedian-actress Rosie O'Donnell has laughed off reports she is splitting up with girlfriend Kelli Carpenter — and has slammed the journalist who started the rumour, imdb.com reports.

It was reported on Monday that the actress and comedienne had split with long-time partner Carpenter.

METRO NEWS SERVICES

celebrity brief

McGowan, Rodriguez split

BREAKUP Actress Rose McGowan has reportedly split with fiancé Robert Rodriguez — because of financial difficulties on forthcoming film Barbarella, imdb.com reports.

The Grindhouse star was set to take the lead in a remake of the 1968 cult classic, with Rodriguez directing the movie.

But the couple have now allegedly split following disagreements over the film's money problems.

METRO NEWS SERVICES

Radcliffe calls new Potter racy

FILM Actor Daniel Radcliffe has compared the latest Harry Potter installment to cult movie Trainspotting — insisting the new film contains "a fair amount of sexual energy and drug parallels," imdb.com reports.

Radcliffe recently finished filming the sixth Potter movie — Harry Potter and the Half-Blood Prince, which is due for release in November.

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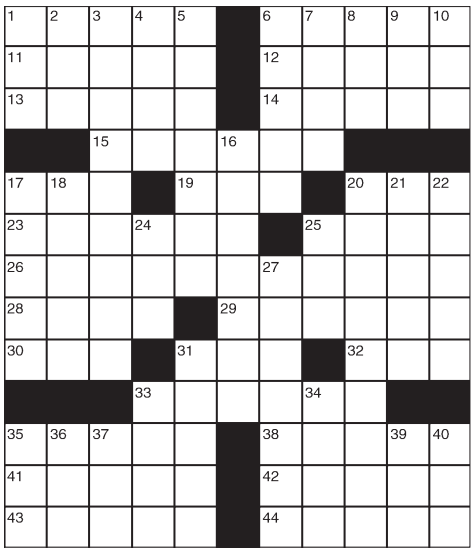
Rapper Young Jeezy will play a sought-after rapper in Janky Promoters, a film written by rapper-turned-filmmaker Ice Cube. Cube and Mike Epps will also star, as the shady, inept concert promoters of the title. EW.COM

Take Five



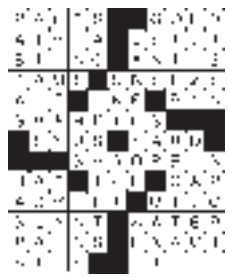
Crossword across

1 Moving
6 Parlor seats
11 Carried
12 Madonna musical
13 Crew
14 Puzzled
15 Window type
17 Is for two
19 Lobed organ
20 PC sound format
23 Advice to a young man
25 "Dear me!"
26 2003 folk mockumentary
28 Zesty flavor
29 Dramatist Ibsen
30 Wrap up
31 Energy
32 TV's Thompson
33 Custard apple's cousin
35 Took notice
38 Inventor Howe
41 Astonish
42 Free of suds
43 Unimportant
44 Nasser's successor

Crossword down

1 Crunch targets
2 Toper
3 Clipper mover
4 Scoop
5 Browser button
6 Cut off
7 Finished
8 Predicament
9 Eroded
10 Blue
16 New Testament book
17 Banded rock
18 Numeral type
20 Vortex
21 "Tomorrow" singer
22 Martini type
24 Easter find
25 Possess
27 Slangy affirmative
31 Origami need
33 "The Godfather" author
34 Inter —
35 Pal of Frodo
36 Paris pal
37 Brown tint
39 Simile center
40 Determined

previous day's answer



950,000
Metro readers do it daily!
metro
Do it daily.

This day in history

JULY 3, 1608: Québec City founded by Samuel de Champlain.

JULY 3, 1819: The first savings bank in the United States (The Bank of Savings in New York City) opens.

JULY 3, 1884: Dow Jones published its 1st stock average.

JULY 3, 1886: Karl Benz officially unveils the Benz Patent Motorwagen — the first purpose-built automobile.

STICKELERS
by Terry Stickels
Here's a scrambled quote by Bertrand Russell. See how long it takes you to find the correct phrase.
"Die I I wrong beliefs because be might would my for never."
— Bertrand Russell

EQ3 Liquidation Sale!
UP TO 90% OFF
outlet located at 705 east lake road in Airdrie
Open JUNE 4th for 6 weeks only
EQ3 furniture & accents eq3.com
wed–sat 10am to 6pm
sun 11am to 5pm
closed mon and tues

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your response matters to a significant person. Pay attention to your true feelings. Strange information may make you nervous.

TAURUS
APRIL 21-MAY 21
Bewilderment is resolved by a confession. Try to be gentler with housemates. Frustration with rules can't be eased by rebelling.

GEMINI
MAY 22-JUNE 21
A happy person wants to devote time to you. Ask an ally for advice, and take it. Remember to hug someone when a job is done.

CANCER
JUNE 22-JULY 22
Think hard before paranoia sets in. A rest period with an ally sweetens the afternoon. A story will stop you in your tracks.

LEO
JULY 23-AUG 23
Don't savor the news of a victory until tomorrow. You remember when love was sweet and true. A merciful approach is wanted after a farce.

VIRGO
AUG 24-SEPT 22
Honesty will glimmer through a maze of lies. Unpredictable responses make you uncertain. A potential mate is lurking nearby.

LIBRA
SEPT 23-OCT 23
You can do something over again. There's a clash with a trouble-maker. Try working out a compromise.

SCORPIO
OCT 24- NOV 22
A man is moody, so tread softly. Someone misses the point and goes off on a tangent. A rebel is working to shift responsibility to you.

SAGITTARIUS
NOV 23- DEC 21
The savage underbelly of life is exposed to the light. A lover is concerned about ethical behaviour. Put your best foot forward.

CAPRICORN
DEC 22-JAN 20
Causing needless trouble can be avoided. Someone's in the hot seat for a temper tantrum. Talk yourself into taking a holiday.

AQUARIUS
JAN 21-FEB 18
A strangely romantic interlude will arise. The truth is known, so trust your intuition. Too much optimism can be unsettling.

PISCES
FEB 19-MAR 20
A new love cycle begins after noon. Your sensitivity is at its maximum level. Don't be intimidated, but don't speak till spoken to.

	4	7	5			3		
				3		4		5
3	9				6			8
		2						3
	8						7	
7						2		
1			9				2	7
5		9		7				
		3			2	6	4	

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

1	7	4	3	5	6	8	2	9
9	6	5	2	8	4	7	1	3
3	8	2	7	1	9	5	4	6
8	1	9	4	7	2	3	6	5
2	3	7	1	6	5	4	9	8
5	4	6	9	3	8	1	7	2
7	5	3	6	2	1	9	8	4
4	2	1	8	9	3	6	5	7
6	9	8	5	4	7	2	3	1

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Calgary weather

The Weather Network theweathernetwork.com

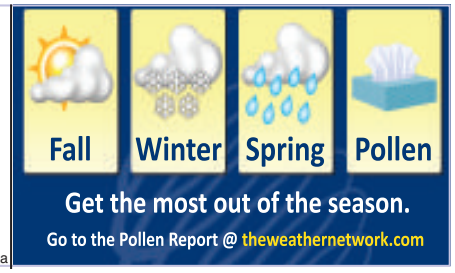
Afternoon	Tonight	Friday	Saturday	Sunday
60% Thunder-showers. 27°	Clear. Low 15°	Partly cloudy. 28°/15°	Partly cloudy. 24°/13°	40% Showers. 23°/12°

Temperature
Normals
High: 22.4°
Low: 8.2°

Records
High: 33.9°/1914
Low: 2.2°/1912

Sunrise: 5:27 a.m.
Sunset: 9:53 p.m.
Moonrise: 5:47 a.m.
Moonset: 10:49 p.m.

TWN incorporates MSC data



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West Hills Towne Centre
856 - 33 Heritage Meadows Way SE
6039 Centre St. S
264 - 6100 MacLeod Trail S

NORTHWEST

822 Crowfoot Cres. NW
1623 Centre St. NW
715 - 5005 Dalhousie Dr. NW
207 14 St. NW

NORTHEAST

Spectrum Shopping Centre
511 - 500 Country Hills Blvd.
1353 32 Ave. NE
2420 - 42 Ave. NE
19 - 2520 23 St. NE
2000 McKnight Blvd. NE

SOUTHWEST

Energy Plaza
245 - 225 7 Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33 Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

856 - 33 Heritage Meadows Way SE
1288 42 Ave. SE
7845 Flint Rd. SE
4410 50 Ave. SE
255 28 St. SE
10836 24 St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE

Airdrie
2145 Summerfield Blvd.

Cochrane
4 - 201 Grand Blvd.
15 - 312 5 Ave. W

Okotoks
181 - 31 Southridge Dr.
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